



*Tri Fitness is owned and operated by Flip and Beth Hartman along with many wonderful volunteers and members of their gym.*

*You'll find Beth leading the majority of the classes in the mornings. Beth found her "niche" leading aerobic classes and working with people. Her motivation stems from many testimonials and lives she has touched! She will be happy to sit down with you and discuss your goals and ambitions... or just talk about life in general!*

*Flip found his fitness "niche" through triathlon competition and running races. Through training goals and practice he increased his strength and stamina. He started with short distance races, and ultimately, became an Ironman (twice!).*